

# Mat-Su Youth Facility

**Students**

**AR 5040**

## **STUDENT NUTRITION AND PHYSICAL ACTIVITY**

### **NUTRITION**

Schools will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

Schools will limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards established by this administrative regulation.

Traditional cultural foods may be exempted from the food standards described below for educational and/or special school events.

**Rewards and Consequences:** Schools will increase the use of non-food items and limit the use of foods or beverages as rewards for academic performance or good behavior. Schools will not withhold food or beverages as a disciplinary action.

**Classroom Parties/Celebrations:** Schools should strongly encourage staff and students to include healthy choices during celebrations and parties.

**Food and Beverages for Sale:** Food and beverages (including but not limited to vending, concessions, a la carte, student stores, and fundraising), served and/or sold during the hours between the arrival of the first bus and the departure of the last bus ("bus to bus"), must meet the food and beverage nutrition standards set forth in BP 3554 – Other Food Sales.

**School-sponsored Events:** Activities occurring outside the "bus to bus" time frame which may include but are not limited to athletic/sporting events, dances, or performances must offer healthy food and beverage choices in addition to standard menu items.

**Inservice/Professional Development Days:** Because students are not required to attend school on inservice days, food and beverages sold at inservices are not required to meet the criteria outlined in BP 3554. However, the district encourages adults and staff to lead by example and provide healthy choices.

**STUDENT NUTRITION AND PHYSICAL ACTIVITY (Cont.)**

**Fundraising Activities:** Selling low nutrition foods for school fundraising contradicts nutrition education. All foods sold during the hours of "bus to bus" must meet the food and beverage nutrition standards set forth in BP 3554 – Other Food Sales. Outside the hours of "bus to bus," food sales are not required to meet the criteria outlined in BP 3554 however, the district encourages the sale of healthy foods or non-food items.

Exceptions to these administrative regulations for food and beverage may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements. Exceptions may also be made to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with samples of the product in question (when possible) shall be provided to the superintendent's designee in charge of nutrition services for approval before products are placed in schools.

**PHYSICAL ACTIVITY****Physical Activity Opportunities**

Schools shall strive to allow students the opportunity for moderate physical activity each day to include time before, during, and after school. Physical activity may include the following:

- Supervised recess
- Physical Education
- Classroom energizers
- Co-curricular activities
- School sponsored events

Schools will encourage students to walk or bike to school where feasible as a way to promote physical activity.

Schools will discourage extended periods of inactivity. Schools shall encourage student awareness of before and after school opportunities for healthy physical activity programs within the community.

Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations.

**STUDENT NUTRITION AND PHYSICAL ACTIVITY (Cont.)**

**Rewards and Consequences** - Physical Education: Physical education embodies a curriculum essential and should not be compromised or withheld for disciplinary purposes. Additionally, schools shall strongly encourage students to participate in physical education.

**Rewards and Consequences** - Recess: Recess is a privilege but an important aspect of the wellness policy in that it provides additional opportunity for physical activity. Schools shall strongly encourage students to participate in recess. Restricting participation in recess for disciplinary purposes should be a consequence of last resort.